

DAWG & RABBIT

FITNESS PROGRAMMING

SAMPLE CYCLE · WEEKS 1-6 OF A 12-WEEK PROGRAM

▲ Strength bias

Shown in the app as STRENGTH BIAS. A former distance runner one year into the barbell: a big engine, and strength well below the standard for her bodyweight.

This is a sample of what the engine builds for one athlete. It is on paper because paper is the quickest way to read six weeks at a glance — and a fixed printed program is exactly what Dawg & Rabbit Fitness is not. In the app every week is generated from the athlete's logged sessions, loads are computed from their own records, and the cycle is re-planned when recovery, PRs, or life change. Yours is generated from your numbers.

SAMPLE ATHLETE

ATHLETE	Female, 27 · 135 lb · 65 in · 1 year training · resting HR 50 bpm
SCHEDULE	5 days a week — Mon, Tue, Wed, Fri, Sat · 60-minute sessions · full gym
LIFTS (LB, 1RM)	Back squat 70 · Front squat 65 · Deadlift 135 · Strict press 45 · Bench press 65 · Clean & jerk 65 · Snatch 50
ENGINE	1-mile run 5:40 · 5K run 19:45 · 10K run 41:30
GYMNASTICS (MAX)	3 strict pull-ups · 10 toes-to-bar · 40 double-unders
GOAL	Back Squat: 70 → 115 lb by week 12

WHY THIS BIAS

The app's own recommendation for this athlete: STRENGTH BIAS — Strength ratios low (Squat/BW<0.57, DL/BW<1.17).

Derived scores (0–100): strength 13 · endurance 77 · skills 36. Estimated VO₂max 52.4 mL/kg/min — Excellent for age and sex.

HOW TO READ THIS

- @80%1RM means 80% of the athlete's one-rep max. In the app the bar weight is printed beside it, from your own records.
- @Z2 and 90–95% HRmax are heart-rate bands the app computes from your own maximum and resting heart rate.
- RIR — reps in reserve — is how the athlete autoregulates: stop with that many good reps left.
- Rest days carry mobility. Weeks 7–12 are outlined, not written: the app builds each one from the week before it.

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How the cycle is built

Three four-week phases. A deload week comes before each test week, and week 12 is the final test. Weeks 1–6 are written out in full on the pages that follow; weeks 7–12 are built one at a time from the athlete's logs, so they appear here as the outline the engine plans against.

WEEKS 1-4

Accumulation

Squat-pattern technique and frequency with aerobic maintenance

WEEKS 5-8

Transmutation

Heavier squat-pattern loading above 80% 1RM with conditioning intensity rising

WEEKS 9-12

Realization

Peak squat-pattern strength expression with sharpened conditioning

WEEK	THEME	VOLUME	INTENSITY	MARKERS
1	Baseline Benchmarks + Squat Pattern Groove	1000 AU	60-70% 1RM squat pattern, Z2 aerobic maintenance	benchmark baseline
2	Building Strength Frequency	1070 AU	60-75% 1RM squat pattern, Z2 aerobic + mixed-modal conditioning	
3	Deload — Recovery Week	590 AU	60-70% 1RM squat pattern, Z2 aerobic only	deload
4	Retest Week — Strength and Conditioning Benchmarks	910 AU	up to 85% 1RM squat pattern test, Z2 aerobic maintenance	benchmark test
5	Heavier Loading Begins	1150 AU	75-85% 1RM squat pattern, Z2 aerobic + threshold conditioning	
6	Strength Intensification	1230 AU	78-87% 1RM squat pattern, Z2 aerobic + conditioning intervals	
7	Deload — Recovery Week	670 AU	65-75% 1RM squat pattern, Z2 aerobic only	deload
8	Retest Week — Strength and Conditioning Benchmarks	1040 AU	up to 88% 1RM squat pattern test, Z2 aerobic maintenance	benchmark test
9	Peak Strength Build Begins	1230 AU	85-90% 1RM squat pattern, short high-intensity conditioning	
10	Strength Peaking Continues	1230 AU	85-92% 1RM squat pattern, Z2 aerobic + short conditioning	
11	Final Build Before Peak Test	1230 AU	85-93% 1RM squat pattern, Z2 aerobic + short conditioning	
12	Final Test Week — Cycle Benchmarks	1040 AU	up to 90-95% 1RM squat pattern test, Z2 aerobic maintenance	final test

Volume is the engine's weekly training-load target, in arbitrary units (AU). Weeks 7–12 in grey are the plan, not yet the program.

Baseline Benchmarks + Squat Pattern Groove

benchmark baseline · volume target 1000 AU · 60-70% 1RM squat pattern, Z2 aerobic maintenance

Week one establishes baseline squat-pattern strength and conditioning benchmarks while grooving submaximal squat frequency, since your strength goal leads this phase.

MONDAY

Squat Pattern Groove — Back Squat + Press

Strength · 60 min · Z1-Z2 warm-up, RPE 6-7 main work

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×10 Air Squat

MAIN

5×5 Back Squat @65%1RM — RPE 6-7, leave ~3 RIR — groove the pattern, not a grind

- rest 2:00 between sets -

4×6 Strict Press @65%1RM — RPE 6-7, leave ~3 RIR

ACCESSORY

3×8/side Bulgarian Split Squat @40%1RM Front Squat — builds the single-leg strength that supports your back squat target

3 sets Suitcase Carry 50ft @RPE 6 — establish working load — loaded carry pattern

3 sets Plank 30sec

TUESDAY

Mixed-Modal Pace-Change Intervals

Conditioning · 35 min · RPE 5-8 alternating

WARM-UP

Row 5min @Z1

2×20 Pogo Hops

2×10/side Lateral Band Walk

MAIN

Pace-change intervals — alternate easy and hard efforts at the stated RPE (16 min total), NOT for time:

Row 2min @RPE 5 — easy, cadence 22-24 spm

Row 1min @RPE 8 — hard, cadence 28-30 spm

- repeat the 2min/1min pairing for 16 total minutes, no rest between changes -

WEDNESDAY

Squat Pattern Groove — Front Squat + Hinge

Strength · 55 min · Z1-Z2 warm-up, RPE 6-7 main work

WARM-UP

Row 5min @Z1

2×10/side Bird Dog

2×10 Goblet Squat @RPE 4

MAIN

5×5 Front Squat @65%1RM — RPE 6-7, leave ~3 RIR

- rest 2:00 between sets -

4×5 Deadlift @65%1RM — RPE 6-7, leave ~3 RIR

ACCESSORY

3×10 Romanian Deadlift @65%1RM Deadlift

3×12 Push-up @bodyweight

3 sets Hollow Hold 20sec

THURSDAY

Rest — Hip flexor and ankle mobility, foam roll quads/calves

FRIDAY

Descending Blocks Conditioning

Conditioning · 50 min · RPE 7-8

WARM-UP

Bike 5min @Z1

2×10 Air Squat

2×8 Scapular Pull-ups

MAIN

For Time — descending blocks: 5 rounds, straight into 4 rounds, straight into 3 rounds, each block its own couplet, @RPE 7-8, target 22-26 min:

Block 1 - 5 rounds:

Row 200m

12 Kettlebell Swing @35lbs

Block 2 - 4 rounds:

Row 150m

15 Air Squat

Block 3 - 3 rounds:

Row 100m

10 Push-up @bodyweight

SATURDAY

Record Baseline — 500m Row

Conditioning · 35 min · RPE 9-10 on the test

WARM-UP

Row 8min @Z1 — include 3x20sec builds to near-race pace in the last 3 minutes

MAIN

500m Row Time Trial — all-out effort:

Row 500m @RPE 10

ACCESSORY

3x10 Goblet Squat @40%1RM Back Squat — light squat-pattern touch to keep frequency up this week
2 sets Plank 30sec

SUNDAY

Rest — Full-body gentle stretch, thoracic spine mobility, easy walk

Building Strength Frequency

volume target 1070 AU · 60-75% 1RM squat pattern, Z2 aerobic + mixed-modal conditioning

Week 2 builds squat-pattern frequency with three technical lower-body sessions at 65-70% 1RM plus three distinct conditioning shapes to keep variety high while volume climbs toward the macrocycle target.

MONDAY

Squat Pattern Groove — Back Squat + Press

Strength · 60 min · mostly Z1-Z2 with brief spikes during working sets

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×10 Air Squat

1×5 Back Squat @52%1RM — warm-up set, build feel for the bar path

MAIN

5×5 Back Squat @67%1RM — RPE 6-7, leave ~3 RIR — add a rep quality cue: full depth, controlled descent; hold this load if last week's sets felt like 3 RIR or looser

- rest 2:30 between sets -

4×6 Strict Press @67%1RM — RPE 6-7, leave ~3 RIR

ACCESSORY

3×8/side Bulgarian Split Squat @40%1RM Front Squat — drives the back squat goal — control the descent, knee tracks over toe

- rest 1:30 between sets -

3×8 Barbell Romanian Deadlift @55%1RM Deadlift — posterior chain support for the squat

3 sets Suitcase Carry 50ft @RPE 6 — each side — loaded carry pattern, braced core

TUESDAY

Chipper Conditioning

Conditioning · 45 min · Z3-Z4 during work, brief Z2 recovery

WARM-UP

Row 4min @Z1

2×8/side Walking Lunge

2×8 Scapular Pull-ups

2×8 Push-up

MAIN

Chipper For Time — one pass through every movement, 22 min cap, @RPE 8, target 16-19 min:

Row 500m

20 Kettlebell Swing @35lbs

20 Box Step-ups (20in)

15 Push-up

25 Air Squat

20 Sit-up

WEDNESDAY

Squat Pattern Groove — Front Squat + Hinge

Strength · 55 min · mostly Z1-Z2 with brief spikes during working sets

WARM-UP

Row 5min @Z1

2×10/side Lateral Band Walk

2×10/side Bird Dog

1×5 Front Squat @52%1RM — warm-up set

MAIN

5×5 Front Squat @67%1RM — RPE 6-7, leave ~3 RIR — elbows up, chest tall

- rest 2:30 between sets -

4×5 Deadlift @67%1RM — RPE 6-7, leave ~3 RIR

ACCESSORY

3×5 Pin Squat @55%1RM Back Squat — pause from a dead stop just below parallel — builds the bottom-position strength the back squat goal needs

- rest 1:30 between sets -

3×10/side Single-Leg Glute Bridge

3 sets Farmers Carry 75ft @RPE 6

THURSDAY

Rest — hip flexor and thoracic spine mobility, foam rolling quads/glutes

FRIDAY

Mixed-Modal Aerobic AMRAP

Conditioning · 50 min · Z2-Z3, RPE-anchored given mixed modalities

WARM-UP

Row 5min @Z1

2×20 Pogo Hops

2×10 Air Squat

MAIN

AMRAP 30min @RPE 5-6, target 6-7 rounds — Mixed-Modal Aerobic:

Run 400m

15 Air Squat

10 Push-up

Row 250m

SATURDAY

Long Descending Ladder

Conditioning · 45 min · Z3-Z4 sustained

WARM-UP

Jump Rope 3min @Z1

2×10 Air Squat

2×10 Sit-up

MAIN

50-40-30-20-10 For Time @RPE 7-8, target 22-26 min:

Double-Unders

Sit-up

SUNDAY

Rest — general mobility flow, light stretching, breathing work

Deload — Recovery Week

deload · volume target 590 AU · 60-70% 1RM squat pattern, Z2 aerobic only

Deload week: sets and minutes trimmed ~40% at normal working intensities, no max efforts, so the body absorbs three weeks of accumulation before next week's retests.

MONDAY

Squat Pattern — Deload

Strength · 45 min · Z1-Z2 warm-up, RPE 6-7 working sets

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

1×5 Back Squat @56%1RM — warm-up set, ~80% of today's working load

MAIN

3×5 Back Squat @70%1RM — top set of the deload — RPE 7, leave ~3 RIR; full depth, controlled descent; hold this load, do not chase a PR today

- rest 2:30 between sets -

3×6 Strict Press @65%1RM — RPE 6-7, leave ~3 RIR

ACCESSORY

2×8/side Bulgarian Split Squat @35%1RM Front Squat — builds the single-leg strength that supports your Back Squat goal

2 sets Suitcase Carry 60ft @35lbs — each side

TUESDAY

Z2 Aerobic Base

Conditioning · 35 min · Z2 steady

WARM-UP

Row 5min @Z1

2×20 Pogo Hops

MAIN

Row 25min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace

WEDNESDAY

Hinge Pattern — Deload + Rotating EMOM

Strength · 50 min · Z1 warm-up, RPE 6-7 working sets, finisher RPE 6

WARM-UP

Bike 5min @Z1

2×10/side Lateral Band Walk

1×5 Front Squat @54%1RM — warm-up set, ~80% of today's working load

MAIN

3×5 Front Squat @67%1RM — RPE 6-7, leave ~3 RIR; elbows up, chest tall

- rest 2:30 between sets -

3×5 Deadlift @65%1RM — RPE 6-7, leave ~3 RIR

ACCESSORY

EMOM 12min — 3-minute rotation x4 rounds, NOT for time:

10 Kettlebell Swing @35lbs — minute 1

10 Sit-up — minute 2

12 Air Squat — minute 3

THURSDAY

Rest — Hip flexor and thoracic spine mobility, 10 min foam rolling

FRIDAY

Mixed-Modal Aerobic Flow

Conditioning · 35 min · RPE 5-6, aerobic emphasis

WARM-UP

Jumping Jack 3min

2×8/side Walking Lunge

MAIN

AMRAP 20min @RPE 5-6, target 5-6 rounds — Mixed-Modal Aerobic:

Row 300m

8 Push-up

16 Walking Lunge

SATURDAY

Station Circuit — Deload

Conditioning · 40 min · RPE 6-7

WARM-UP

Bike 5min @Z1

2×15 Pogo Hops

MAIN

Station circuit — 5 stations x 1:00 each, 2 rounds, 1:00 rest between rounds (14 min total), NOT scored (note total reps):

Row — max easy meters, RPE 6

Kettlebell Swing @35lbs — max reps, RPE 6-7

Box Step-ups (20/16in) — max reps, RPE 6

Push-up — max reps, RPE 6-7

Double-Unders — max reps, RPE 6

ACCESSORY

2 sets Suitcase Carry 50ft @35lbs — each side, light deload dose

SUNDAY

Rest — Full-body mobility flow and light stretching, 10-15 min

Retest Week — Strength and Conditioning Benchmarks

benchmark test · volume target 910 AU · up to 85% 1RM squat pattern test, Z2 aerobic maintenance

Retest week: we max the Back Squat early in the week fresh off the deload, then hold strength and Z2 aerobic work while two conditioning pieces round out the week.

MONDAY

Back Squat 1RM Retest

Strength · 60 min · Strength - CNS fresh, full warm-up ladder before max attempt

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×10 Air Squat

MAIN

Back Squat 1RM Retest:

1×5 Back Squat @50%1RM

- rest 1:30 -

1×3 Back Squat @65%1RM

- rest 2:00 -

1×2 Back Squat @75%1RM

- rest 2:30 -

1×1 Back Squat @85%1RM

- rest 3:00 -

1×1 Back Squat @92%1RM — strict technique, no leg-drive momentum; if this moves well, attempt a new 1RM next

- rest 3:00 -

1×1 Back Squat @100%1RM — max attempt - this is the Back Squat goal retest toward your 115lbs target

ACCESSORY

3×8/side Bulgarian Split Squat @40%1RM Front Squat — RPE 7, 2-3 RIR - drives your squat goal between heavy sessions

Suitcase Carry 30sec @RPE 6 — each side - loaded carry pattern

TUESDAY

Z2 Aerobic Base

Conditioning · 35 min · Zone 2 - conversational aerobic

WARM-UP

Row 5min @Z1

MAIN

Row 28min @Z2 — conversational pace, can speak full sentences, ~90-120 sec/mile slower than 5K pace

WEDNESDAY

Hinge & Press Strength

Strength · 55 min · Strength - moderate load, phase 1 band

WARM-UP

Row 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×10/side Lateral Band Walk

MAIN

1×5 Deadlift @60%1RM — warm-up set

- rest 1:30 -

4×5 Deadlift @68%1RM — @68% 1RM - leave ~2-3 RIR; if all sets finish at 2-3+ RIR, add load next exposure

- rest 2:30 between sets -

4×6 Strict Press @67%1RM — @67% 1RM - leave ~2-3 RIR

- rest 2:00 between sets -

ACCESSORY

3×8 Romanian Deadlift @65%1RM Deadlift — RPE 7, 2-3 RIR

3 sets Farmers Carry 100ft @RPE 7 — loaded carry pattern

3 sets Plank 30sec

THURSDAY

Rest — Hip flexor and thoracic spine mobility, foam rolling quads and lats

FRIDAY

Rotating EMOM - Mixed Modal

Conditioning · 45 min · Mixed intensity - EMOM rotation, RPE varies by station

WARM-UP

Row 4min @Z1

2×20 Pogo Hops

1×8/side Walking Lunge

MAIN

EMOM 24min - 4-minute rotation x6 rounds, NOT for time:

15 Kettlebell Swing @35lbs — minute 1

10 Push-ups @bodyweight — minute 2

12 cal Air Bike — pace it at 70% of your best 1-minute calorie effort — minute 3

15 Air Squat — minute 4

SATURDAY

AMRAP - Mixed Modal

Conditioning · 50 min · Moderate-high intensity - scored AMRAP

WARM-UP

Row 4min @Z1

1×10/side Bird Dog

2×8 Scapular Pull-ups

MAIN

AMRAP 15min @RPE 8, target 6-7 rounds:

8 Dumbbell Thruster @20lbs

6 Pull-ups @bodyweight — scale with band as needed

Row 250m

SUNDAY

Rest — Full-body mobility flow, extra attention to ankles and hips

Heavier Loading Begins

volume target 1150 AU · 75-85% 1RM squat pattern, Z2 aerobic + threshold conditioning

Squat-pattern loading climbs above 80% 1RM this week, with a fresh power slot opening the heavy day and three new conditioning formats to keep variety high while strength builds.

MONDAY

Squat Strength + Power

Strength · 60 min · mixed — strength RPE 8, power RPE 7

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×20 Pogo Hops

1×5 Back Squat @50%1RM — warm-up ramp

- rest 1:00 -

1×3 Back Squat @65%1RM — warm-up ramp

MAIN

5×4 Box Jumps (20/16in) — step down between reps, full recovery between sets, max intent each jump

- rest 1:30 between sets -

1×4 Back Squat @82%1RM — top set — RPE 8, 1-2 RIR; this is your progression marker for next exposure

- rest 3:00 -

3×4 Back Squat @72%1RM — back-off sets — RPE 7, ~3 RIR, hold the same bar speed across all three

ACCESSORY

3×8/side Bulgarian Split Squat @40%1RM Front Squat — drives the squat pattern toward your 115lb back squat goal

2×8/side Front Rack Lunge @50%1RM Front Squat

3 sets Suitcase Carry 60ft @35lbs — each side — carry pattern, per Rule 6 fundamental movements

TUESDAY

5 Sets For Time — Mixed Modal

Conditioning · 45 min · RPE 9

WARM-UP

Row 5min @Z1

2×10 Air Squat

2×8 Push-up @bodyweight

MAIN

5 Sets For Time — the same work every set, 2:00 rest between sets, score the clock at the end, @RPE 9, target 14-17 min:

Row 250m

10 Dumbbell Thruster @20lbs

8 Pull-ups @bodyweight — scale with band if needed

- rest 2:00 between sets -

WEDNESDAY

Hinge & Press Strength

Strength · 60 min · RPE 8

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Lateral Band Walk

1×5 Deadlift @50%1RM — warm-up ramp

MAIN

1×4 Deadlift @82%1RM — top set — RPE 8, 1-2 RIR; progression marker for next exposure
- rest 3:00 -

3×4 Deadlift @72%1RM — back-off sets — RPE 7, ~3 RIR

- rest 2:30 between sets -

1×4 Strict Press @82%1RM — top set — RPE 8, 1-2 RIR

- rest 2:30 -

3×4 Strict Press @72%1RM — back-off sets — RPE 7, ~3 RIR

ACCESSORY

3×8 Romanian Deadlift @65%1RM Deadlift — posterior chain support for the squat goal

3×10 Push-up @bodyweight

3 sets Farmers Carry 80ft @40lbs

THURSDAY

Rest — Hip flexor and thoracic spine mobility, foam rolling quads and lats

FRIDAY

Two-Part For Time

Conditioning · 45 min · RPE 9

WARM-UP

Row 5min @Z1

2×10 Air Squat

2×8 Scapular Pull-ups

MAIN

Part A — 21-15-9 For Time @RPE 9, target 5-7 min:

21 Kettlebell Swing @35lbs

21 Box Jumps (20/16in)

- rest 3:00, then start Part B -

Part B — For Time @RPE 9, target 3-5 min:

Row 500m

SATURDAY

Interrupted For Time

Conditioning · 30 min · RPE 7-8

WARM-UP

Row 5min @Z1

2×10/side Walking Lunge

2×8 Push-up @bodyweight

MAIN

For Time — one big task, interrupted at each 4:00 mark by a fixed task (do the fixed task first, then carry on), @RPE 7-8, target 22-26 min:

300 Double-Unders — the big task — chip away between interruptions

8 Burpees — fixed task at every 4:00 mark — do these first, then resume double-unders

SUNDAY

Rest — Light walk, breathing drills, full-body static stretching

Strength Intensification

volume target 1230 AU · 78-87% 1RM squat pattern, Z2 aerobic + conditioning intervals

Squat and hinge patterns climb toward 85% 1RM this week while conditioning intensity rises across three distinct formats, building toward next week's deload.

MONDAY

Squat Strength + Power

Strength · 55 min · Strength-focused, low aerobic demand

WARM-UP

Bike 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×5 Back Squat @50%1RM — warm-up ramp, build bar speed and groove

MAIN

5×2+2+2 Back Squat @82%1RM — cluster sets — 20-30 sec between mini-sets, 3:00 between clusters; power slot, fresh CNS

- rest 3:00 between clusters -

1×4 Back Squat @83%1RM — top set — RPE 8, 1-2 RIR; if all reps land at target RIR, add load next exposure

- rest 3:00 -

3×4 Back Squat @73%1RM — back-off sets — RPE 7, 2-3 RIR

ACCESSORY

3×8/side Bulgarian Split Squat @40%1RM Front Squat — drives squat pattern toward your 115 lb goal

Front Rack Carry 30sec @65lbs — 2-3 sets, loaded carry pattern

TUESDAY

Ascending Ladder AMRAP

Conditioning · 35 min · Mixed-modal, high intensity, short duration

WARM-UP

Row 5min @Z1

2×20 Pogo Hops

2×10/side Lateral Band Walk

2×8 Push-ups

MAIN

AMRAP 7min — ascending ladder 2-4-6-8..., @RPE 9, target 5-6 rounds:

Push Press @60%1RM Strict Press

Box Jumps (20/16in) — step down between reps

Burpees

WEDNESDAY

Hinge & Press Strength

Strength · 55 min · Strength-focused, low aerobic demand

WARM-UP

Row 5min @Z1

2×10/side Bird Dog

2×10/side Single-Leg Glute Bridge

2×5 Deadlift @50%1RM

MAIN

1×4 Deadlift @83%1RM — top set — RPE 8, 1-2 RIR; progression marker for next exposure
- rest 3:00 -

3×4 Deadlift @73%1RM — back-off sets — RPE 7, 2-3 RIR
- rest 2:00 between movements -

1×4 Strict Press @83%1RM — top set — RPE 8, 1-2 RIR
- rest 2:30 -

3×4 Strict Press @73%1RM — back-off sets — RPE 7, 2-3 RIR

ACCESSORY

3×8 Romanian Deadlift @65%1RM Deadlift

Suitcase Carry 30sec @40lbs — 2-3 sets each side

THURSDAY

Rest — Hip flexor and thoracic spine mobility, foam rolling quads and glutes

FRIDAY

Couplet For Time

Conditioning · 40 min · Mixed-modal, high intensity, medium duration

WARM-UP

Row 5min @Z1

2×10 Air Squats

2×8 Scapular Pull-ups

MAIN

5 Rounds For Time @RPE 8, target 10-13 min:

8 Front Squat @50%1RM

6 Chest-to-Bar Pull-ups @bodyweight — scale to Pull-ups if needed

SATURDAY

Interval Repeats

Conditioning · 35 min · High intensity, medium duration, mixed-modal

WARM-UP

Bike 5min @Z1

2×8/side Walking Lunge

2×8 Push-ups

MAIN

Intervals — 5 x 2:00 work / 1:00 rest (15 min total) @RPE 8, hold even splits, NOT for time:
max cal Row — aim for consistent calorie output each round

10 Wall Balls (14/10lbs)

- rest 1:00 between work bouts -

ACCESSORY

3 sets Plank Hold 30sec

SUNDAY

Rest — Full-body mobility flow, breathing work, light stretching

The evidence behind these six weeks

Each prescription in the app links to its source. These are the ones this sample visibly applies.

Deloads come roughly every 4–6 weeks for about a week — scheduled in advance, and pulled forward when fatigue says so.

Bell, L., Strafford, B. W., Coleman, M., Androulakis Korakakis, P., & Nolan, D. (2023). Integrating deloading into strength and physique sports training programmes: An international Delphi consensus approach. *Sports Medicine – Open*, 9, 87.

In this sample: [Week 3 is the deload](#)

Recreational CrossFit athletes who finish higher typically train about 5–6 sessions a week at 60–75 minutes, with diminishing returns above about 7.

Mangine, G. T., Tankersley, J. E., McDougale, J. M., et al. (2020). Quantitative training history of recreational CrossFit athletes. *International Journal of Sports Physiology and Performance*.

In this sample: [Five sessions a week, every week, 30–60 minutes each](#)

Most aerobic work is genuinely easy — elite endurance athletes spend about 80% of sessions below the first threshold — with hard work kept deliberate.

Seiler, S. (2010). What is best practice for training intensity and duration distribution in endurance athletes? *International Journal of Sports Physiology and Performance*, 5(3), 276–291.

In this sample: [Week 3 Tue](#) · [Week 4 Tue](#)

“Higher-load (>80% of single repetition maximum) prescriptions maximised strength gains, and all prescriptions comparably promoted muscle hypertrophy.”

Currier, B. S., McLeod, J. C., Banfield, L., et al. (2023). Resistance training prescription for muscle strength and hypertrophy in healthy adults: a systematic review and Bayesian network meta-analysis. *British Journal of Sports Medicine*, 57(18), 1211–1220.

In this sample: [Week 4 Mon](#) · [Week 5 Mon](#) · [Week 5 Wed](#) · [Week 6 Mon](#) · [Week 6 Wed](#)

Barbell effort is set in reps in reserve — how many more reps were left — a scale built for resistance training.

Zourdos, M. C., et al. (2016). Novel resistance training-specific rating of perceived exertion scale measuring repetitions in reserve. *Journal of Strength and Conditioning Research*, 30(1), 267–275.

In this sample: [Week 1 Mon](#) · [Week 1 Wed](#) · [Week 2 Mon](#) · [Week 2 Wed](#) · [Week 3 Mon](#) · [Week 3 Wed](#) and 6 more

Your cycle is generated from your numbers. www.dawgrabbitfitness.com/app

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